

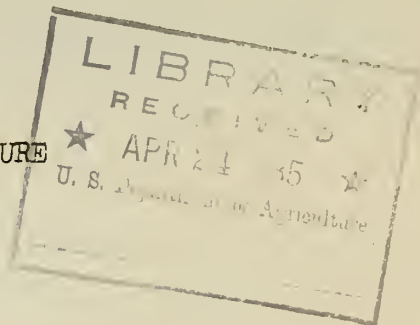
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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.



MIMEOGRAPHED MATERIAL

Foods and Nutrition

Acid-forming foods and alkaline or base-forming foods  
Bread, varying the flavor and food value of home-made  
Calcium, foods rich in  
Canning meat at home: beef, veal, mutton, lamb, pork, and chicken  
Community canning centers  
Methods of canning beef and veal in community canning plants  
Canning unchilled meat  
Classification of fruits and vegetables according to their carbohydrate content  
Confections, home-made  
Consider your weight  
Dried skim milk, how to use  
Fruit jellies, preserves, jams, marmalades, conserves, and butters  
Fruit juices, bottling  
Iron, foods rich in  
Low-cost menus and recipes  
Noon meals for nursery schools  
Pectin extracts, preparation and use of  
Phosphorus, foods rich in  
Pickles and relishes, home-made  
Pinto and great northern beans are valuable foods  
Potato chips  
Rice polish makes a valuable addition to the diet  
School lunches with recipes to serve 50 children  
Soybeans  
Wheat germ has high nutritive value  
Whole wheat an economical addition to the diet  
Vitamin and mineral losses in cooking  
Vitamin units, some notes on  
Vitamins A, B, C, D, E, and G, foods rich in

Textiles and Clothing

Buying bedspreads  
Children's clothing (list of commercial patterns made after Bureau of Home Economics designs)  
Child's self-help bib  
Clothing economies  
Community sewing in relief programs  
Cotton mattress, instructions for making  
Hat economy  
Home dyeing with commercial dyes  
Infants' clothing  
Raw wool, how to prepare at home for bedding  
Supplies and equipment that aid home sewing

Miscellaneous

Family budgets (compiled from various sources). (State income and size of family).  
Electric ranges for household use. Trends in design and suggestions for improvement.  
Electric ranges. A partial list of references  
Household refrigeration. A partial list of references  
Standards for home refrigerators  
[Bureau of Home Economics] research projects under way

THE UNITED STATES OF AMERICA  
DEPARTMENT OF THE ARMY  
WASHINGTON, D. C.

OFFICE OF THE ADJUTANT GENERAL

OFFICIAL RECORD

THIS OFFICIAL RECORD IS A SUMMARY OF THE  
ACTS AND DEEDS OF THE ADJUTANT GENERAL  
DURING THE YEAR 1914. IT IS A  
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1914

OFFICIAL RECORD

ADJUTANT GENERAL

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OFFICIAL RECORD

ADJUTANT GENERAL

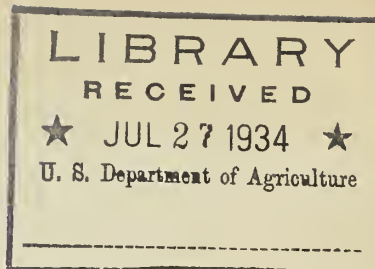
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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

MIMEOGRAPHED MATERIAL

Foods and Nutrition



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Bread, varying the flavor and food value of home-made  
Calcium, foods rich in  
Canning meat at home: beef, veal, mutton, lamb, pork, and chicken  
Community canning centers  
Methods of canning beef and veal in community canning plants  
Canning unchilled meat  
Confections, home-made  
Consider your weight  
Fruits and vegetables classified according to percent of carbohydrates  
Fruit jellies, preserves, jams, marmalades, conserves, and butters  
Fruit juices, bottling  
Iron, foods rich in  
Low-cost menus and recipes  
Noon meals for nursery schools  
Phosphorus, foods rich in  
Pickles and relishes, home-made  
Pinto and great northern beans are valuable foods  
Rice polish makes a valuable addition to the diet  
Skim milk powder recipes  
School lunches with recipes to serve 50 children  
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Hat economy  
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Supplies and equipment that aid home sewing

Miscellaneous

Family budgets (compiled from various sources)  
Electric ranges for household use. Trends in design and suggestions for  
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Electric ranges. A partial list of references  
Household refrigeration. A partial list of references  
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[Bureau of Home Economics] research projects under way, November 1933  
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BUREAU OF HOME ECONOMICS  
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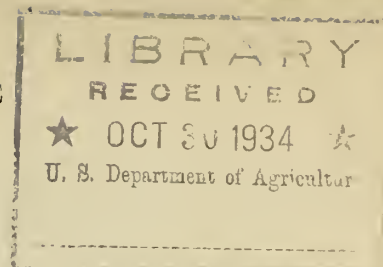
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Calcium, foods rich in  
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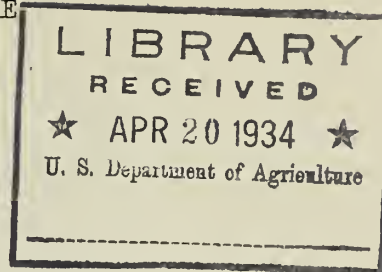
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UNITED STATES DEPARTMENT OF AGRICULTURE  
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WASHINGTON, D. C.



MIMEOGRAPHED MATERIAL

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Acid-forming foods and alkaline or base-forming foods  
Beans: pinto and Great Northern beans are valuable foods  
    soybeans  
Bread, varying the flavor and food value of home-made  
Calcium, foods rich in  
○ Canning meat at home: beef, veal, mutton, lamb, pork, and chicken  
Community canning centers  
Confections, home-made  
Consider your weight  
Fruits and vegetables classified according to percent of carbohydrates  
Fruit jellies, preserves, jams, marmalades, conserves, and butters  
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Iron, foods rich in  
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